

# EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

[www.empirebayprogress.org.au](http://www.empirebayprogress.org.au)

OCTOBER/NOVEMBER 2023

[empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)



## FROM THE PRESIDENT

Hi everyone

Your Progress Association continues to work on several initiatives for the benefit of Empire Bay residents.

Our Food and Fun Fair planning is well advanced. We have many exciting stalls signed up including wines, craft beers, cider, food stalls, children's entertainment and local artists including our own Christie Chen. Please mark your diaries for 21 October 2023 commencing at 11.00 am and ending at 5.00pm. I am confident everyone will have a great day out. Please ensure you bring some gold coins on the day.

The restoration of the Empire Bay Cenotaph has commenced. We have received approval from the heritage department for the chosen stone, the stonemason has been appointed, the stone has been delivered and inscriptions are underway.

I had the opportunity to meet with Dr Gordon Reid, Member for Robertson in late August to discuss the various initiatives that your Progress Association is in discussion with council and where we are also seeking Dr Reid's support.

As reported in my last update, these include further upgrades to the foreshore play area, foreshore erosion prevention, foreshore enhancement projects, Shelly Beach Road upgrades and improving awareness of speeding limits on Greenfield Road. We also discussed the Empire Bay boatshed, your Progress Associations position in this respect and the recent publication of the boatshed Heritage report, a significant document of over 100 pages. This report is available online.

Your Progress Association's constitution clearly articulates "we will be an advocate and voice on matters that will enhance and protect our community, it's welfare (safety) and environment." The decision in respect of the boatshed and rectification of the foreshore clearly falls within the Progress Associations remit and constitution. Members of the Progress Association and indeed the wider Empire Bay community have a wide range of views - positive, neutral, and negative in respect of the boatshed requiring your Progress Association to remain neutral in this respect. For purposes of transparency, this position was communicated to the Boatshed Association in June.

In early September, Crown Lands were issued with a demolition order for the boatshed. Following this decision, the Progress Association will focus on ensuring our foreshore is restored, seek funding for foreshore regeneration and once again becomes fully accessible and safe.

Late 2022, early 2023 we commenced a project to upgrade our sheds at the Progress Hall. We deferred this in the hope that we could secure funding for this initiative. As we were unsuccessful in this respect, we are progressing the replacement of the sheds. It is hope that this will be complete prior to the end of 2023.

We continue to pursue several grant opportunities. As these progress we will communicate these to you where we have been successful. If there is anything in the community that you believe would benefit from grant funding, please drop me a note and I will review the opportunities as they are presented. Obviously, there is no guarantees in this respect, but I am happy to try on your behalf.

As noted in my last update, times are tough for some of our families and small businesses. We continue to see requests from food banks etc. Can I ask that where you can afford, please donate to these worthy organisations, and please visit and purchase from our own local small businesses – even if it is only a coffee. Every little helps.

As I comment in all my updates, it would be great to see many more of you at the Progress Association meetings. We are here to represent you at council, state, and federal level. It is critical that we hear from you to ensure our representation is fair, balanced and addresses the important issues to you.

Many thanks for your continued support.

By Ken Shaw



## Games Day

Sunday September 24, 9AM - 3 PM  
Empire Bay Hall, 1 Gordon Rd

The Empire Bay Progress Association is proud to present a community games day, as part of its centenary celebrations.

Featuring: A wide variety of card and board games inside the hall as well as bocce in the yard



Sausage sizzle with salad and vegetarian options will be provided for lunch plus tea and coffee throughout the day

Entry fee \$10 adults, \$5 children 12 years and up (younger with parental supervision)



## LOCAL HERO

### Local Hero — Ian Johnson

Local Empire Bay hero, Ian Johnson, with fellow Umina Beach Rotarians Wayne Dowdle and Mel Dodds, “Bashed” their way 5,500km, from Bathurst to Geraldton, WA as part of Variety Clubs 2023 Bash across Australia last month. This year, 78 cars participated in the Bash, raising over \$1.5 million for disadvantaged children. Along the way, schools were visited, kids entertained and donations made.

Ian and his crew, the “Rotary Old Boys”, drove a 1983 Toyota Hilux Dual cab ute. The Hilux, called “911”, survived, only suffering a broken side window. Raised \$13,500!

The Bash took them through the outback, visiting many isolated towns, along dirt roads and tough conditions.

Notes from Ian’s diary, “visited Hay Public School this morning. \$9,000 cheque donated to school. Lots of fun with Bash cars horns tooting, sirens blaring, grown men shooting water pistols at each other, Storm Troopers and Darth Vader, two girls dressed as bumble bees, four brothers between the ages of 60’s – 80’s dressed as dinosaurs, Batman and a heap of other superheroes. The local kids had a scream watching this performance.”

Ian’s diary continues “Wilpena Pound. Today, mostly rough dirt roads, travelling between 40-90km per hour. Got in late again. This was a camping night. Had fun trying to find a spot to set up the tent in the dark. Then trying to find the dinner marque in the darkness. Even worse trying to find our way back to the tent after dinner and a few wines. My self-inflating air mattress did NOT self inflate !! And it was very cold”.

The “Rotary Old Boys” were recognised at the Awards night in Geraldton as “The most passed car in the event.”

Congratulations Ian, Wayne and Mel. A job well done.



“Rotary Old Boys”, Wayne, Mel and Ian with their 1983 Toyota Ute for the Bash across Australia

By Robert Thompson

## LOCAL BUSINESS

### Beach and Bay Vet Clinic: Five Years of Compassionate Care

It’s hard to believe that it’s already been five years since Beach and Bay Vet Clinic became a part of the Empire Bay community. Founded by Alice in 2018, the clinic’s journey has been one of growth, resilience, and unwavering dedication to providing top-notch veterinary care.

The clinic’s early days were marked by rapid expansion after Alice took over. Unfortunately, just a year and a half later, the COVID-19 pandemic turned the traditional interactions with vet staff, pets and their owners upside down. Beach and Bay Vet Clinic adapted quickly to ensure the safety of both their staff and clients, while continuing to deliver essential services. They embraced contactless consultations, demonstrating their agility in the face of adversity. This period highlighted the clinic’s emphasis on communication, both with clients and their beloved pets.

With a focus on low-stress handling for both pets and their owners, the team’s fully certified team strive to make every pet’s visit as comfortable as possible. In fact, their dedication has been recognised with a certificate of clinic recognition for their exceptional care standards.

As life gradually returned to normal, the clinic faced a new hurdle: helping pets cope with separation anxiety. After months of constant companionship during lockdowns, many pets found it challenging to readjust to their owners’ work routines. The clinic stepped up with solutions and support, reinforcing their role as not just medical professionals, but also understanding caregivers.



Practical advice about seasonal concerns like hot weather, ticks, and allergies are addressed with informative articles on their website, demonstrating their commitment to the community’s well-being.

Beyond medical expertise, the clinic takes pride in being proactive in educating pet owners. They emphasise preventative healthcare, providing resources and guidance for early identification of problems, which can make treatment easier and more effective.

Beach and Bay Vet Clinic’s journey wouldn’t have been possible without their incredible team. The clinic takes immense pride in their highly qualified and motivated staff, who are all certified and continually seek opportunities for growth and learning. With a recent focus on senior pets and dental care, the clinic ensures they’re equipped to provide the best care possible.

In addition to their standard services, the clinic runs a popular Puppy School, helping owners and pets alike in building confident interactions with other animals, and fostering a strong and positive bond with each other.

As Beach and Bay Vet Clinic celebrates its 5-year anniversary in Empire Bay, they look back with gratitude for the community’s support and the remarkable team that has made it all possible. They are excited to continue serving the community, providing compassionate care, and embracing new challenges with the same dedication and passion that has defined them over the years. Here’s to many more years of caring for beloved pets and their owners!

By Christie Chen

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## OUR COMMUNITY

### Empire Bay/Bensville Rural Fire Brigade

**GET READY WEEKEND:** The annual 'Get Ready Weekend' is fast approaching, this is an event dedicated to informing and educating home owners and residents on ways in which they can prepare in the event of a bushfire. This year, you can find us at the Empire Bay Village Fair on Saturday, 21 October 2023 at 11:00 AM onwards. This is a great chance to talk to volunteer members from our brigade and discuss issues or concerns relating to this fire season. We'll also be giving out FREE goodies (for adults and kids)!

**HAZARD REDUCTIONS:** Our brigade has been busy with assisting in Hazard Reductions in nearby areas in preparation for the Bush Fire Danger Period commencing on 1 October 2023. Please ensure that fire permits are lodged through the Central Coast Fire Control Centre: 1300 060 807. Stay indoors during HR operations, especially in regards to those with asthma or other conditions that affects the airways. Always call Triple Zero (000) for unattended fires or smoke.

**STATIONARY EMERGENCY LIGHTS:** The community is reminded that when emergency vehicles (including RFS vehicles) are stationary with emergency lights engaged, you must slow down to 40 km/h when the speed limit is posted as 80 km/h or under. This includes moving over if there is another lane to safely move into, as well as giving way to all pedestrians where emergency lights are engaged. This ensures all personnel are safe on our roads so we can safely perform our operations without interference.

**RECRUITING:** Empire Bay RFS is constantly looking for new members to join our family-orientated brigade. The RFS is not just a volunteer organisation; it's an adventure! From battling bushfires to working alongside other emergency services, your time with us will be filled with unforgettable moments and stories that won't be overlooked. Want more information? Drop by our brigade Tuesdays at 7:30 PM, or contact our Membership Officer Sue Dengate Sue.Dengate@ccrfs.org.au  
**Brandon Duffy, Community Engagement officer, Empire Bay Rural Fire Brigade.** For more information contact Central Coast District Office on 1300 060 807 or visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)



### KILLCARE SURF CLUB NEEDS YOU MORE THAN EVER !!!

Killcare Surf Club needs new members to join and be trained to gain their bronze medallions, so that they can maintain their half day patrols.

Surf lifesaving is a labour of love and those of us who are proud to have been part of this wonderful volunteer service will openly say that it is truly very good karma. Every time we save a life or prevent a drowning it is a great feeling that stays with us for the rest of our lives.

If you are sixteen years of age or older, we would like to train you to become a surf life saver!

The benefits include improving your swimming fitness and skills, learning first aid and resuscitation, making new friends, and saving lives on our beach! This is a vital community volunteer service. New members will be most welcome.

This year we are encouraging all of our members and new members to register online. It is quick and easy and it just helps everybody stay safe. Simply google: 'Join Killcare Surf Club'. For further information contact:

**Vic Wilmot, on 4360 2836 Killcare Surf Life Saving Club.**

### Empire Bay Fishing Club

Empire Bay Fishing Club will be hosting a "Gone Fishing Day" on Sunday 8th October 2023 at Empire Bay Waterfront.

It's all about the kids, taking them out on club members' boats in the local area to learn everything about fishing, gaining some expert tips and tricks from our seasoned fishos. Kids can even join the club and weigh in their catch, the largest fish caught on the day will get a special prize.

They will be provided with a rod and reel for them to keep. All participants must be registered prior to the day, so please go to our Facebook page "Empire Bay Fishing Club" for the registration link.

Start time is 11am with weigh in at 3pm. A BBQ will be supplied, looking forward to seeing you all there.

[empirebayfishingclub@gmail.com](mailto:empirebayfishingclub@gmail.com)

### Probus—Friendship and Fun in Retirement

Our club is ever expanding with a number of new members joining us in recent weeks. The club is really active now that Spring is here with ever new activities each month. The "mob" went down to State Parliament last month to check out the polities in Macquarie Street and have lunch in the "Strangers" lounge at Parliament House. A team are travelling down to Sydney again this month for the "Tina Turner - The Musical" at the Theatre Royal and a Bingo day and lunch at the Breakers Country Club. A large number of members and neighbouring Probus club members will be heading off in October for an amazing week long trip to Adelaide and onto a Murray River Cruise on the Proud Mary paddle steamer boat. And then a tour of Adelaide with a number of members then having two days on Kangaroo Island. Later in October the club will visit the Royal Botanic Gardens in Sydney and in November attending our annual Melbourne Cup celebration at Ettalong Diggers Club. The club always welcomes new members and invites residents to join us at Club Umina on the first Thursday of each month at our monthly meeting to see what Probus is all about. Our meeting starts around 1.30pm. Call our President Sue for further information.

**Contact Sue Nolan, President on 0400 022 330. Ray Rumble**

### Education Meets Action — Clean4Shore

Clean4Shore is a community group led by Graham Johnston. It is about educating whilst DOING the 'Clean Up and Clear Out' pollution from Central Coast foreshores and mangroves. Each year, Clean4Shore leads up to 70 field trips, engaging the community, schools, disability, indigenous and business groups in the removal of plastic and polystyrene around the Hawkesbury River, Brisbane Waters and Tuggerah Lakes.

The age-old wisdom of 'prevention is better than cure' couldn't be more relevant, especially when some of our beautiful islands are marred by litter, and illegal campers leave behind not only rubbish but sometimes even their tents. Community groups, such as Clean4Shore, educate people about the importance of preserving our waterways, raise awareness about fragile ecosystems, and foster a sense of shared responsibility. As parents, teachers, and society as a whole, we should all take steps to educate ourselves and our



children about our pristine waters and environment.

Contact Clean4Shore to inquire about how your local group, school, or business can participate in an educational excursion that will impact themselves and their community.

**Contact: Graham Johnston email: [Jonomacs@bigpond.com](mailto:Jonomacs@bigpond.com)**

**Mobile: 0411184642**

<https://www.facebook.com/Clean4shoremacs/>



## OUR SCHOOL

### Empire Bay Public School



#### Sustainability conversation—inform, inspire, invite

Sustainability is one of many programs offered at Empire Bay Public School. Children are encouraged to find areas of interest and ways to become involved at school to increase engagement, attendance, and a sense of belonging.

Our sustainability program gives students an opportunity to spend some time outdoors, do a job, or make a difference in their school environment and beyond. Learning about the importance of sustainability is also integrated into our daily routines and many learning areas within the classroom. Our leaders participated in a leadership program with Rumbalara Environment Education Centre and chose to refurbish our existing frog pond as their leadership project. Every term we have a Green Week where students learn about a sustainability focus during their library time and this term was all about Frogs! Children participated in activities about life cycles, food webs, biodiversity and pond ecosystem and visited the pond. The education continues with a tadpole tank in the library so that children can watch the frog life cycle in real time. Students will be doing some cleaning up, landscaping and planting around the pond in the weeks to come.



We are looking forward to inviting the community to visit our new Bush Tucker Garden in Term 4!

Plans are now taking shape to begin the construction of a Sensory Path under the Heritage Listed Norfolk Pine in the kindy/Year 1 area. Children are investigating sustainable materials and native plants that will be used in the area.

Lisa Maddick

Web: [www.sustainabilityatebps.com](http://www.sustainabilityatebps.com)

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Chris Parncutt: [chris.parncutt@nsw.scouts.com.au](mailto:chris.parncutt@nsw.scouts.com.au)

## PET CORNER

### Dogs need to do stretches too

Especially during warmer days, it's great to be out and about with your dog. It's a great way to end the day with a stroll around the block. Going to the park or off-leash area and letting him stretch his legs and play with other dogs.

But ...can you over-exercise a dog? The answer is Yes. If your dog has been lazing around at home, make sure you get them up and moving a little to stretch their muscles before you take them for a walk/jog around the block. Many injuries occur when dogs have been lazing around home alone, jump in the car, leap out at the other end and run full speed along the beach only to pull up lame and sore fifteen minutes later.

Make sure he/she eases into speed gradually, get him/her up and moving, then walking, ease into a trot for a few minutes and then let him/her off lead. Remember that before you let him/her off-lead it's your responsibility that he/she's under effective control and will come back to you when you call. And don't forget your poo bag!

Happy Training.

Louise Harding - Author & Canine Behaviour  
[www.animaltalent.com.au/dog-training/](http://www.animaltalent.com.au/dog-training/)



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RIP John

#### Bill Caldwell

Age 89, of Shelly Beach Road

Will be sadly missed by  
wife Dorothy, his five children, 13 Grandchildren,  
7 great grandchildren, family, friends  
and the Empire Bay Community.  
RIP Bill

#### Jaime Ne'Ro'i

Age 39, of Awinya Close

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children Harrison & Indiana,  
Mum Amanda & Dad Peter,  
family, friends and the Empire Bay Community.  
RIP Jaime

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**Dr Gordon Reid MP - How can I help?**

**Please contact my office if I can be of any assistance.**



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## Adam CROUCH MP

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## Troubadour Folk Club

continues at Empire Bay

Every second Saturday each month Troubadour holds Club Night showcasing various local musicians in 15 minutes sessions, come and enjoy the music with a cuppa.

**Empire Bay Hall 7pm, everyone is welcome.**

### COMMUNITY CONNECT CALENDAR

Mondays - 10:30-11:30am Zumba with Fiona

Tuesdays - 7:45-8:45am Yoga with Robyn

9:15-10:15am Yoga with Abi

Wednesdays - 6-7:15pm Whole body strength & Mobility with Josh

Fridays - 7:45-8:45am Yoga with Robyn

**\*\*\*KSLSC Community Open Day – Sunday 24th September**

For further details pls. contact the KSLSC on Ph (02) 4360 1150 or email [admin@killcaresurfclub.com.au](mailto:admin@killcaresurfclub.com.au)



### Bookmobile

September: 25th. October: 5, 19th. November: 2nd, 16, 30th.

**Bensville**—near Kallaroo Road park, 12:45—1:30pm

**Empire Bay**—Kendall Rd near the wharf, 1:45—2:30pm

### EMPIRE BAY TENNIS COURTS

BOOKINGS: [play.tennis.com.au/empirebayTC/court-hire](http://play.tennis.com.au/empirebayTC/court-hire)

ERacquet hire: from Empire's D'Lite 4363 1341

COACHING: Mark Rawlingson (Tennis Australia Level 2 Coach)

Mobile: 0412 834 336 Email: [markrawl@inet.net.au](mailto:markrawl@inet.net.au)

### SCRABBLE: Everyone is welcome from beginners to experts

Come for 1 game or play for 3 hours, it's up to you.

Tuesday's 9:00am to 12:00pm at Empire Bay Progress Hall

### BUSH CARE: Ring Nicola Booth— 0436 685 155

Back of Tennis Courts – 2nd Sunday of month from 9:00am

### JUSTICE OF THE PEACE

**Robert Madden** 0417 291 641; **Hart Peters** 0417 674 687

### WALKING EXERCISES IN THE HALL

**An EBPA initiative—free**

EVERYONE WELCOME

Every Thursday 7:45am—8:30am

[empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)



### Card games—All ages welcome

**Empire Bay Hall**

**Monday: 12:45—3:45pm**

There will be a variety of card games available and lots of fun, friendships and laughs.

Please contact **Shirley** on 4369 2034 or Jan 0402 246 427



## EMPIRE BAY PROGRESS ASSOCIATION

**Next meeting**

**Wednesday 25 October, 7:30pm**

The Hall, 1-3 Gordon Rd, Empire Bay

Membership \$5

Further information email:

[empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)

This newsletter is a community service by **EMPIRE BAY PROGRESS ASSOCIATION Inc.** While the honorary editor and the Association accept, in good faith, advertisements in this Newsletter and editorial supplied or comment made, we cannot provide any form of guarantee for the information or the goods or services advertised.

## HALL TIMETABLE

### MONDAY

8:15am—9:15am, Gentle Yoga with Julie (no class 4/9-5/11)

9:30am—10:30am Morning Yoga with Julie (no class 4/9-5/11)

12:45pm—3:45pm, Social card games for everyone

6:00pm—7:00pm, Yoga with Julie (no class 4/9-5/11)

7:00pm—8:00pm, PT Group Fitness Training with Tony

### TUESDAY

9:00am—12:00pm, Scrabble, all levels

3:30pm—4.30pm, MH Dance Academy with Mikayla

### WEDNESDAY

9:15am—10:15am, Tai Chi with Alain

3:30pm—5pm, MH Dance Academy with Mikayla

7:30pm—9:00pm, Empire Bay Progress Association (EBPA)

Wednesday 25 October (meetings now held quarterly)

7:00pm—8:00pm, PT Group Fitness Training with Tony  
*(on the night of the Progress meeting please contact Tony for details)*

### THURSDAY

7:45—8:30am, Walking exercise (free)

9am—10:30am, Gentle Yoga with Gail

10:30am—12noon, Over 55's Yoga with Gail

### FRIDAY

9:30am—10:30am, MH Dance Academy with Mikayla

6:30pm—7:30pm, PT Group Fitness Training with Tony

**Yoga with Julie** 0438 228 372: build core strength, become more aware of your body and mind and be calm.

**MH Dance Academy** with Mikayla Holt on 0404 824 775: RAD ballet, Jazz, Cheer, Acrobatics, Lyrical, hip hop, etc for 18 months- 25+.

**Social card games** for all members of the community. Contact Shirley on 4369 2034 or Jan 0402 246 427.

**PT Group Fitness Training** with Tony on 0466 303 700: for all fitness levels, over 16. Great social atmosphere while you get fit, burn fat.

**Scrabble** contact Shirley on 4369 2034: caters for all levels. Everyone is welcome.

**Yoga classes with Gail** on 0422052346. Never too late to start a yoga class.

**EBPA**, contact [empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)

**Tai Chi & Qigong** with Alain on 0422 795 365: gentle form of exercise, described as meditation in motion.

### OUR CENOTAPH FLAG

If you have lost a family member, a friend or a neighbour please advise Robert

Thompson on 0408 415 765 so we can lower our

Cenotaph Flag as a mark of respect.



### BOOK OUR AIR CONDITIONED HALL?

**Weddings Anniversaries Birthdays Farewells Wakes—**

Ducted air-conditioning, kitchen facilities including fridge,

oven, microwave, tea & coffee

making facilities, accessible

bathroom inside and outside,

enclosed secure garden area,

plenty of chairs and tables for

both inside and outside, BBQ,

TV & DVD player with

overhead monitor.

**Hall hire information**

**available on our website -**

[empirebayprogress.org.au/hall-hire](http://empirebayprogress.org.au/hall-hire)

Check the hall booking calendar on the website to check

date is available and then contact Sharon, Hall Booking

Officer on [EBHallbookings@gmail.com](mailto:EBHallbookings@gmail.com) or

0457 650 955 9am to 5pm weekdays only.

